



Volume 52, Number 04

LARC



April 2012

President's Message

We had a "GREAT" 52nd Annual AARA Hamfest in Rayne, Louisiana on March 9th and 10th. I have not received any complaints so far and many are looking forward to next year. Our plans are to have even a "bigger & better one". See the rundown on page 3 for more information.

On Saturday March 17th @ 6:00 PM, the AARA March General Meeting took place, which was our annual "Hamfest Banquet", the club furnished fried chicken as the main entrée and soft drinks, our members brought a "covered dish" of some sort, plenty of food for everyone!

We would like to especially thank Tony Credeur, Director of the Lafayette Chapter of the American Red Cross for accommodating us for our meeting. At that time, they were assisting flood victims from the Carencro area from the 15 to 18 inches of rain that hit the area on March 12.

The meeting consisted of installing new officers for the year 2012-2013, a report from Rick Breaux N5RLM on how we fared on our hamfest, and a drawing for the handi-talkie to the lucky member who has been attending our general meeting. Rick received a good price on the HT, so he ordered two, so we had two drawings, one went to Danny Daigle KD5JSM and the other went to Weston Hebert KB5WI. Congratulations Guys!

Next big event for club participation will be Field Day, the last full weekend in June. When asked for a chairperson for this event, Glen Thibodeaux KF5FNP threw in his hat (he was FD Chairperson last year). Glen will be needing some volunteer helpers, so be sure to give him a hand. I understand he has some new ideas to put into action this year.

We are still considering a Special Event Station this year commemorating Louisiana becoming a state 200 years ago and the adoption of the state flag 100 years ago (1812 & 1912). We need a chairperson to head up the event, set a date and place to hold the event at least three months in advance to get it listed in QST. If we could possibly get permission to hold the event at the Lafayette Tourist Information Center on the Evangeline Thruway, that would be a ideal location. What are we waiting for?

I would also thank everyone for considering me to be re-elected as your club president. I will continue to try to do my part to keep this club active. Remember "Part of your job is get involved with the club and activities"!

Herman Campbell KN5GRK
AARA President

52nd AARA Hamfest Pictures can be found at:
<http://www.w5ddl.org/clubsite/events/hamfest2010/>

April General Meeting

April 5th, 2012 at 7:00 PM @ the Red Cross Building, 101 N. Pat Street, Scott, LA.

VE Testing @ 6:00 PM

Check out the ARRL Louisiana Section Web Page at:
<http://www.laarrrl.org>

CRESCENT CITY CLASSIC ROAD RACE

The Crescent City Amateur Radio Group is looking for volunteers to assist in communications for The Crescent City Classic Road Race scheduled for Saturday April 7, 2012 in New Orleans. This race averages 20,000 runners each year. It starts at Jackson Square and ends at City Park. Last year we handled 5 emergency medical calls, one car accident and 3 lost children. This is one of the largest public service events in Louisiana in which Amateur Radio Operators participate.

As last year net control / Command Post will be in the New Orleans Police Mobile Command Center. In addition we will have one ham radio operator with a New Orleans EMS Supervisor. If you volunteer you will receive a Blue Polo Shirt that says Emergency Communications Amateur Radio Operator. If you are interested please contact Joe N5OZG at 504-288-7084 or at Joen5ozg@cox.net

- Rookie Roundup -

The Rookie Roundup is a contest especially for new hams – those first licensed in the current and preceding two years – and it occurs three times a year on the third Sunday of April, August, and December. Each contest uses a different mode. April 15th is the SSB contest,

April QST includes a feature on the Rookie Roundup – this is a great opportunity to open up the club station or arrange for a member to host a multioperator effort. Take advantage of these opportunities to get our new hams on HF!

DATES TO REMEMBER

General MEETING

Thursday, April 5th @ 7:00 PM
Red Cross Building - 101 N. Pat St.
Scott, LA

HAMFEST SCHEDULE

April 24, 2012 - ARRL Convention
Twin City Ham Club, Monroe, LA

Local 2-Meter Nets

Sunday

Opelousas Area ARA Net 7:00 PM
147.150 PL 103.5 Carencro, LA

Monday

AARA Monday Night Net 7:00 PM
146.820 Lafayette, LA

Tuesday

Acadiana ARES Net 7:00 PM
145.370 - 600 PL 103.5

Friday

HEAL Net 1st & 3rd Fridays Only 1:00 PM
146.820 Lafayette, LA

AARA OFFICERS 2012-2013

President - Herman Campbell

KN5GRK

kn5grk@lusfiber.net

Vice Pres. - Paul Scallan K5VSH

Secretary - Sandy Leblanc KE5KJF

Treasurer - Joy Breau N5YCS

BOARD MEMBERS

Larry LeBlanc KE5KJD

Glen Thibodeaux - KF5FNP

Nick Romero - KE5MWX

Abbigail Wilson - KF5BEW

PUBLIC INFORMATION OFFICER

Herman Campbell KN5GRK

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Galen Wilson - KF5BET

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Acadiana Amateur Radio Association

P. O. Box 51174

Lafayette, Louisiana 70505-1174

Regular meetings 1st Thursday of each month at 7:00 p.m. at the American Red Cross Building 101 North Pat Street Scott, LA

Its been a great ride!

On April 1, 2012 the newly elected Louisiana Section Manager, Jim Coleman AI5B, will officially take charge of the Section. Jim and I have been working on an orderly transition for many weeks now and have discussed Jim's organizational plans.

It has been a genuine honor and pleasure to serve as Louisiana Section Manager for the past four years and as Section Emergency Coordinator in the years before that. During those years of service we have accomplished a lot, learned a lot and endured one of the Nations greatest natural disasters. Since Katrina, Rita and the storms that have followed, the ARES organization in the Section has improved, reorganized and flourished under the Section ARES leadership that evolved as a result of lessons learned.

Over those years we have lost many of our Section mentors who helped to guide and advise me and the Section cabinets with their knowledge gained of their past experience and leadership. I certainly miss each and every one of them that have gone before us, leaving a valuable and diverse legacy.

With this final message I wish to thank those who served on the Section Cabinet, as volunteers in the ARES organization and in various appointments in the Field Organization. You have done an excellent job and I know that you will continue to support Jim as he takes the reins.

My ARRL and Section support certainly will not come to an end with this... I will continue to work for the good of the organizations through a couple of appointments, working in the background supporting our new leadership.

Many of the new organizational changes are already present on the Section Website www.laarrrl.org. Please refer to the website to keep up with the news. Also check out the Delta Division Website link on the website for Delta news.

All my best to Jim and the Louisiana Section for the future.

Greatest 73

Gary L. Stratton Sr. K5GLS

ARRL Louisiana Section Manager

k5gls@arrl.org

Hamfest Crawfish Boil Report

(By John Quebodeaux - Rayne Lions Club)

We prepared 78 4 lb. orders of boiled crawfish with potatoes and corn. 68 tickets were sold and the money was turned in on the Friday prior to the Hamfest, but we prepared 10 extra orders for in case the smell got out and people who had not purchased tickets wanted some. We were able to sell the additional orders to some of our people so no loss on the crawfish. On the Gumbo issue, we did run out at the end but it's hard to prepare when we don't know exactly how many to prepare for. We went on last years records as I was the chairman last year, and prepared the same amount of food as last year. We enjoyed our weekend and hope that we can serve you again next year. We try hard to serve a good product but as a civic organization we have to be careful not to lose money at any of our events. Hope to see you all next year.

John Quebodeaux
Rayne Lions Club

AARA 52nd AARA Hamfest Report, Rayne, Louisiana

(By Herman Campbell KN5GRK - AARA President)

The Acadiana Amateur Radio Association, Inc. (AARA), held their 52nd Hamfest on March 9th & 10th, it was the ARRL Louisiana State Convention. It was the best one we have had in long, long, time! Here is a rundown on what took place.

Friday Night

The Rayne Lion's Club provided boiled crawfish and gumbo at 6:00 PM. Norman Helms K5SAC headed up the Texas Ham Play-boys band for some good ole Cajun music at 7:00 PM. Band members were: Roland, K5EUO on guitar and vocals, Bubba (not a ham) on the fiddle and vocals, Larry, KE5RQ on drums, and Norman, K5SAC on the accordion. Norman said: "The Rayne Hamfest, Community coffee, chicken gumbo, crawfish, ham radio, and Cajun music all under the same roof -- just like being in Heaven"! Everyone that attended had a good time.

Saturday

8:30 - Ladies Bingo

Weston Hebert KB5WI was heading up the Ladies Bingo and I understand that they made a profit this year. I have not received an actual report from Weston at this time.

0845 AM - VE Testing

Results:

Rick Wallace KF5KEL of Henderson, LA upgraded to Extra class.

Brett A Walker of Opelousas, LA passed Technician assigned KF5PAL

Andrew L Dugas of Washington, LA passed Technician. Assigned KF5PAM

Joseph L Hale of Opelousas passed Technician. Assigned KF5PAK

Eric D Delaune of Lafayette, LA passed Technician. Assigned KF5PAJ

Zachary O Thevenot of Lafayette, LA passed Technician. Assigned KF5PAN

Wayne G Thibodeaux of Lafayette, LA passed Technician and General. Assigned KF5PAO

Ted Hanks of Lafayette, LA passed Technician. Assigned KF5PAI

The VEs for this session were:

Danny Griffith K5ARH, Greg Dolan K5LFT, Mitch Romero KB5TWL, John Murry N5FJ, Greg Lavigne AD5HA,

Ray Arceneaux N5LRZ, Terry Partigianoni W5TMP and James Harris AE5HB.

9:00 AM - AMSAT Forum

On behalf of the AARA and myself I want to thank Keith Pugh and Roger Ley for representing AMSAT at the Rayne Hamfest. AMSAT has been represented at this hamfest for at least 3 decades on most parts due to Keith and Roger.

I would also like to thank the ARRL and Mark Spencer WA8SME (ARRL Education and Technology Program Coordinator) for his great talk and robotics demonstration to our educators and new hams at the hamfest. It is by efforts like Keith, Roger and Mark that keeps our hobby vibrant.

Again thanks,

Nick Pugh K5QXJ

11:00 AM - ARRL Forum

Guest speakers were: Glen Clayton W4BDB (ARRL Delta Division Vice President), Gary Stratton K5GLS (ARRL Louisiana Section Manager), James Coleman AI5B (Louisiana Section Emergency Coordinator), Mark Spencer WA8SME (ARRL Education and Technology Program Coordinator) and Roger Farbe N5NXL. David Norris K5UZ (ARRL Delta Division Director) was unable to attend.

11:00 AM - Fox Hunt

I have not received the fox hunt winners from Nick K5QXJ at this time.

Vendors attending our Hamfest were: Palmetto Antennas, Regal-Brown, The Sign Man of Baton Rouge, Austin Amateur Radio Supply, Gifts 4 Hams / Plaques, MCM-Computers and Hub City Amateur Radio Sales. Thanks to these vendors for being there and supporting the needs of our amateur radio community.

Main Prize Winners:

1st Prize: Icom IC-7200 won by: Don Willingham N5KXF of Baton Rouge, LA

2nd Prize: MFJ 269 Antenna Analyzer won by: Glen Thibodeaux KF5FNP of Carencro, LA

3rd Prize: West Mountain RigBlaster Plus won by: Glenn Breau KD5NVC of Lafayette, LA

4th Prize: Astron RS-35M Power Supply won by: Robert Baker AA5LA of West Monroe, LA

5th Prize: Harbor Freight 800 watt generator won by: Elmer White KF5NFG of Opelousas, LA

6th Prize: Harbor Freight 800 watt generator won by: Rick Fruge KF5MHJ of Jennings, LA

We were giving out door prizes every 30 minutes due to the fact that we had so many donations thanks to Glen Thibodeaux KF5FNP (Assistant Hamfest Chairperson), for contacting numerous sources.

Our attendance was up from 415 last year to 506 this year. Our club showed a slight profit this year over last year's profit, even by lowering our table fees from the \$15.00 vendors fee and \$10.00 swap table fee to all tables at \$5.00 this year. **All tables were sold out!** The RV rental space was down a little over last year probably due to the rain on Friday morning and projected impending WX predicted for the weekend. Thank God for holding off the rain until Monday.

I think that a good time was had by all! Great job, Herman and all the organizers! The mudbugs were good and the turnout was great. 73 Gary Stratton K5GLS - ARRL Louisiana Section Manager

Plan on attending our 53rd Annual Acadiana Hamfest on March 8 & 9, 2013.

A FEW SCENES FROM OUR 52ND AARA HAMFEST IN RAYNE, LA



TEXAS HAM PLAYBOYS - CAJUN MUSIC



CRAWFISH SERVED AT THE HAMFEST



A VIEW OF VENDOR & SWAP TABLES — ALL SOLD OUT 105 TABLES



PRESENTATION TO LOCAL NET CONTROL STATIONS

Glen Thibodeaux KF5FNP (center), Assistant Hamfest Chairperson, presented our local net control stations on VHF and HF a coffee mug with our call letters on them. This came as a surprise to us all. Thanks Glen!

(left to right) Herman KN5GRK, Danny K5ARH, Glen KF5FNP, Mark KF5ENE, and Ray N5LRZ.

March 2012 AARA MEETING MINUTES (edited)**CLUB MEETING:**

- The AARA President Herman KN5GRK opened the meeting.
- Herman led the prayer in thanksgiving for good WX for the Hamfest.
- All recited the Pledge of Allegiance.
- There were 23 members in attendance and 4 visitors.
- Members introduced themselves and gave interesting contacts during February.

Minutes:

The February minutes were not read as they were posted in the March LARC – accepted as written.

Treasurer's Report:

Rick Breaux, N5RLM gave the Hamfest Report. We were thankful for the good weather during the Hamfest. The Financial Report is not published in the LARC; any member wanting a copy can contact Joy N5YCS.

Old Business:

AMOS – no update.

147.040 Repeater update: On March 16, 2012 at 9:20 AM Karl Fontenot wrote: "I have the cable tray fully installed. Also, the tower lights and controller are fully installed and functional. I have installed ladder racks on all four walls of the interior. I have yet to move my transmitters there. It is fully ready for you all to reinstall the ham gear. I have a key for whoever needs to be in charge of it. Also, the combination for the locks is as before. We have IP cameras inside and out now which are monitored by and recorded at the EOC and Bill Vincent's office. Also, there are motion detector lights mounted on the building along with those cameras. The system is fully grounded and protected. Just call or email when someone wishes to go and I will meet them there to show the layout and provide a key."

New Business:**Hamfest Report:**

Rick Breaux N5RLM gave the statistics. This year 506 attended while 414 attended last year.

Glen Thibodeaux KF5FNP mentioned that some of the vendors are ready to come back next year.

Nick Pugh K5QXJ will be giving us the names of the winners of the Fox Hunt. It was a team of two men from Eunice.

Nick Pugh K5QXJ worked with AMSAT.

Nick Pugh K5QXJ arranged for Mark Spencer WA8SME – ARRL Education and Technology Program Coordinator to come speak and do demonstrations.

Nick Pugh K5QXJ and Danny Griffith K5ARH mentioned that 10 students passed in the CMA Tech class. Also, 7 passed at the Hamfest.

There was a comment on having the forums at an earlier time.

Fred Marshal W5MLE asked about the Club becoming a member of Council of Clubs.

Installation of officers for 2012-2013:

- * President – Herman Campbell KN5GRK serving second term.
- * Vice President – Paul Scallan, Sr. K5VSH.
- * Secretary – Sandy LeBlanc KE5KJF re-elected.
- * Treasurer – Joy Breaux K5YCS re-elected.
- * Board Member – Glen Thibodeaux KF5FNP re-elected.
- * New Board Member – Larry LeBlanc KE5KJD.
- * Board Member – Nick Romero KE5MWX re-elected.
- * LARC Editor – Galen Wilson KF5BET.
- * Youth Member at Large – Abigail Wilson KF5BEW.
- * Public Information Officer – Herman Campbell KNGRK

HT Drawing:

Two HT's were given out this year due according to Rick N5RLM "the prices were right!"

Winners of the drawing for the HT's are Weston Hebert KB5WI and Danny Daigle KD5JSM. They both received a Baofeng UV-3R dual band hand held. Each time a member attends a club general meeting, his/her name is put into the hat for the drawing.

A chairman is needed for the Special Event Station for the LA State 200th Anniversary and the 100th Anniversary of the LA State Flag.

Field Day is scheduled for June 23-24, 2012. Glen Thibodeaux KF5FNP volunteered to be Chairman and Sandy LeBlanc KE5KJF volunteered to be in charge of refreshments.

Herman KN5GRK thanked all those who have contributed to the hamfest during the last month, especially Glen Thibodeaux KF5FNP for all the work he has done as Hamfest Assistant Chairperson and to the many others for their help and support in making this one of the best hamfests in the state.

On motion by Rick Breaux N5RLM, seconded by Danny Griffith K5ARH, the meeting was adjourned for the banquet.

Respectfully submitted,
Sandy LeBlanc KE5KJF
AARA Club Secretary

A joint Delta – West Gulf Division Emcomm Exercise is slated for 5 May, 2012. This will be a joint emergency communications exercise with all sections of the Delta Division and the West Gulf Division being involved at some level. The idea for this started with a totally RF based Texas SET involving state Emergency Management, MARS, DHS and ARES/RACES. Stay tuned for more information next month.

Coming Soon: New ARRL Membership Benefits

The ARRL is excited to announce two new membership benefits that will be introduced in June 2012. In addition to the print copy of QST, all members will have access to an online digital edition of QST -- at no extra cost. You will be able to access QST from anywhere -- on nearly any computer, laptop, mobile device, smartphone and tablet (including Apple iPad, iPhone, iTouch and devices using the Android operating system).

Members will also gain access to archived issues of QST from December 1915 to the present; previously, only issues through 2007 have been available to members. If you are familiar with the current periodicals archive, that platform will be expanded to include all of QST from December 1915 through December 2011. A second, new archive will be introduced for issues beginning January 2012, featuring enhanced functionality including full-text search.

Members must have a valid ARRL website login to access the current digital edition of QST and the archived editions. Please follow these step-by-step directions to log in to the ARRL website:

* Go to www.arrl.org

* At the top center of the page in "Site Login," enter your username and the password you selected during registration.

If you have forgotten your password, here are some steps to help you obtain a temporary password that you can use to log in. We recommend writing this temporary password down prior to logging in, then log in using your username and the temporary password.

* Select "Forgot Password" on the log in page

To reset your password by e-mail:

+ Select "By E-mail" from the dropdown menu.

+ Enter your username and e-mail address. You must use the e-mail address that you used to originally register for a website login account.

+ Click "Submit."

To reset your password by member credentials:

+ Select "By Member Credentials" from the dropdown menu.

+ Enter your username.

+ Enter your call sign or last name

+ Enter your Member ID (found on your QST mailing label).

+ Click "Submit."

Once you are logged in to the website, select "Edit your Profile" to change your password to something you can more easily remember.

Questions? Contact Member Services via e-mail or by telephone at 860-594-0200 or 888-277-5289 (US only).

Children's Museum of Acadiana VE Test Results

(by Galen Wilson - KF5BET)

On March 15, 2012 the Technician Class that was held on Thursday nights over the last couple of months ended with a test session. Many of the new hams were members of Terry Turner KF5FYW class at Paul Breaux Middle School. Plans are underway to get the kids on the air and start a weekly "Kids 2 Meter Net". The problem is picking a time for the net, daytime the kids are in school, weekends and evenings around 7:00 or 8:00 PM is the most likely time. Abbi KF5BEW and Kendra KF5FYS Wilson volunteered to be net control station for the net. If you have any suggestions for the net, e-mail Galen Wilson KF5BET at: galenw@cox.net and express your ideas.

We also need to work on getting those kids too far from the repeater some sort of external antenna that they could easily use to be able to participate. My immediate thoughts are a ladder line j-pole configuration since it is small, lightweight and portable. We could schedule a day and a time where we could get together and help the kids build their own antenna. I think the cost would be very minimal. What are your thoughts on this? The antenna adapter for the radio would probably be the hardest part to come by (I actually found one at the hamfest for about 3 bucks).

Here is one link for the antenna. There are literally hundreds more out on the web (I just picked the first one I came across!). <http://www.hamuniverse.com/2mladjpole.html>

Please try to encourage your kids to participate and make it their net. Ask your kids what they would like to do with "their" net. We will work on how to keep the net lively and fun for all.

The VE's were: Danny Griffith K5ARH, Greg Dolan K5LFT, Nick Pugh K5QXJ, and Archie Hill W5AG.

New Technician License Recipients

NAME:	CALL:	QTH:
Jack C. Obrien	KF5PCG	Lafayette
Anna C. Espinoza	KF5PCC	Lafayette
Hayden J. Coleman	KF5PCE	Lafayette
Sandra L. Smith	KF5PCF	Abbeville
Lane J. Royer	KF5PCB	Duson
Maria B. Schexnaider	KF5PCI	Kaplan
Steve F. Schexnaider	KF5PCJ	Kaplan
Luke A. Landry	KF5PCD	Lafayette
Jacqueline P. Wallace	KF5PCH	Henderson

MARCH 2011 ACADIANA AREA 2 METER NET REPORTS

NET	SESSIONS:	TOTAL CHECK-INS:	TOTAL TRAFFIC:	TOTAL TIME: Minutes	Net Manager
OAARC Net - Opelousas Area Amateur Radio Club	5	42	2	65	N5LRZ Ray
AARA Monday Night Net	4	69	Ø	156	KF5ENE Mark
Acadiana ARES Net	4	37	Ø	70	N5LRZ Ray
HEAL Net *(M=Medical G=Guest)	2	M6 / G4	Ø	18	KE5KJD Larry

“Isn't it appropriate that the month of the tax begins with April Fool's Day and ends with cries of "May Day!"?”
-Author unknown

EMERGENCY COMMUNICATIONS HANDBOOK

Have you ever wanted your own copy of an emergency communications handbook? Well look no further! You can download your own copy of this very handy and useful handbook directly from the Homeland Security Web-site.

This Handbook offers a lot of information dealing with communications, such as Law Enforcement Plans, Incident Response plans, FCC Rules and regulations, Interoperability Channels, Emergency frequencies, Common Communication references and other useful information.

Have you ever forgotten how to wire a CAT 5 cable or a RS 232 connector? There is a handy guide to universal layouts for common pin outs of various connectors.

Get yours today. Download your own pdf file from the following link.

<http://www.dhs.gov/xlibrary/assets/nifog-v1-4-personal-printing.pdf>

Print it out and put it with your go bag. You can also buy a copy directly from the website.



APRIL BIRTHDAYS

4/1	ROGER	W5QEP
4/1	MARK	KF5ENE
4/6	ARNOLD	KE5JXC
4/8	GALEN	KF5BET
4/10	WILLIAM	N9QO
4/13	DAVE	N4ELM
4/21	ABBI	KF5BEW

Some members failed to put their birthdays on their applications for renewal / membership causing some names to be missing from the list.

April 2012 Special Events & Contests

- | | |
|--------------------|--|
| April 1-16 | 100th Anniversary of the National Cherry Blossom Festival, N3C HF, CW, SSB and Digital modes. Washington D.C. District of Columbia Amateur Radio Society. |
| April 13-15 | Titanic Commemoration GB100GGM. Cardiff, Wales. Blackwood and DARS (GW6GS). 28.470, 21.270, 14.270 |
| April 14 | A Celebration of Morse Code K2QS. Poughkeepsie, NY QSY Society. 14.034, 7.034 |
| April 21 | Only International Boundary Marker Within the US WA5PC. Panola County Amateur Radio Club 14.260, 7.260 |
| April 21 | Black Bear Festival W5BMC Bayouland Emergency Amateur Radio Service. 14.245, 7.245 |

Refer to the April issue of QST (page 91) for additional information and more listings of contests and special events Stations.

Congratulations to our own Lafayette Amateur, Grant Linscomb KF5CNU, will be a new voice for the Ham Nation newsline show. Grant will be a new voice that will be heard on the show. If you have not heard the show, you can listen to it on the 443.800 repeater. Ham Nation is transmitted daily at 12:30 pm. So, if you want to keep up with the current events in Ham radio, tune in and listen to the show.

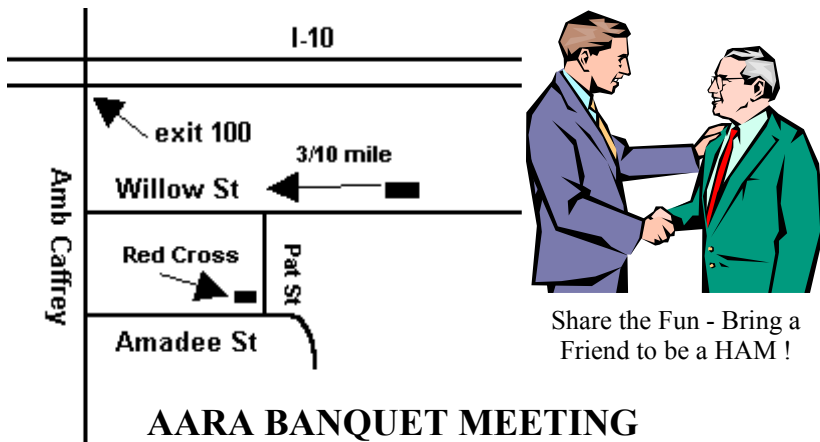


Acadiana Amateur Radio Assoc., Inc.
P. O. Box 51174
Lafayette, LA 70505-1174

Website: <http://www.w5ddl.org>



Luxembourg Issues Stamp to
Celebrate 75 Years of Amateur Ra-
dio



Share the Fun - Bring a
Friend to be a HAM !

AARA BANQUET MEETING
Thursday April 5th, 2012 - 7:00 PM
VE Testing @ 6:00 PM

COMPLIMENTARY
ISSUE

Red Cross Building, 101 N. Pat St., Scott, LA
Lunch Bunch - Each Wednesday 10:45 AM - 2:00 PM
Golden Corral - Amb. Caffery - Lafayette, LA
Check 146.820 PL 103.5 - repeater for info.



Quick Hungarian Goulash

From: One-Dish Meals

- | | |
|--|-----------------------------|
| 1 Tbsp Oil | 8 oz. Tomato sauce |
| 1 lb Boneless beef sirloin
steak, cut into strips | 1 tsp Sugar |
| 1 Medium onion, chopped | 3 tsp Paprika |
| 1 Medium green bell
pepper, chopped | 1/2 tsp Salt |
| 1 1/2 cups Water | 1/2 tsp Caraway seed |
| 1 can Diced tomatoes (drained) | 1/4 tsp Pepper |
| | 4 oz. Uncooked Rotini pasta |

Heat oil 12 inch skillet or dutch oven over medium high heat until hot. Add beef strips; cook and stir 3-5 minutes or until browned.

Add all remaining ingredients except rotini; mix well. Bring to a boil. Add rotini. Reduce heat to medium; cook 10-15 minutes or until rotini is tender, stirring occasionally.



Send your favorite recipes to:
Galen KF5BET
galenw@cox.net

FCC Information Service

Toll Free (WATS) for Amateur Radio license inquiries about new/vanity call signs: 888-225-5322. This will connect you the FCC National Call Center, handled by the FCC's Consumer Information Bureau. Amateurs having ULS problems or questions should contact the FCC's ULS Technical Support staff at: 202-414-1250 or:

ulscomm@fcc.gov.

FCC Website:

<http://wireless.fcc.gov/uls/>

New call sign information can also be obtained from the ARRL/VEC at 860-594-3000.

<http://www.arrl.org/arrlvec>

The mailing address to the FCC is:

Federal Communications Commission,
1270 Fairfield Road, Gettysburg, PA 17325-7245